



# THE CENTER POST

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## IT HAS BEEN ONE YEAR!

The pandemic closed the Benjamin Gaither Center on March 13, 2020. A lot has happened since then and we will be creating a special edition of the March Newsletter to commemorate it all. We want to include news from you of things like new pets, new hobbies, goals you might have set and achieved, moves you might have made, and more. We will also remember those who have passed. Even if you already gave us some content, please share it again so that we do not miss anything. Send it our way by Friday, February 12, to [Charlyn.Simpson@gaitherburgmd.gov](mailto:Charlyn.Simpson@gaitherburgmd.gov) or call the BGC at 301.258.6380 and leave a message.

## VIRTUAL PROGRAMS

Did you know that you can call in from your telephone to participate in our Virtual Groups? Besides the Social Symposium and the BGC Social Hour, we also offer Coping with Change, Brain Games, Improving Communication, and Dealing with Stress and Anxiety During the Pandemic. Call the BGC at 301.258.6380 to get the telephone passwords to participate.

THURSDAY, FEB 11 AT 2 PM

## BOOK CLUB

Join Marisa Young as she leads a thoughtful discussion about the book of the month. The group will meet the second Thursday of the month at 2 p.m. via Zoom or call in.

### February Book:

"The Library Book" by Susan Orlean

### March Book:

"The Pioneers" by David McCullough

TUESDAYS & FRIDAYS AT 1 PM

## SOCIAL SYMPOSIUM & BGC SOCIAL HOUR

Join the BGC staff for lively discussions and games every Tuesday and Friday at 1 p.m.

These virtual programs give you a chance to connect with others, laugh, and enjoy twice a week.

The links are e-mailed out every week, or you can call in and participate on your phone.

• **FEBRUARY 2021** •

WEDNESDAYS AT 2:30 PM

**WEDNESDAY WATCH PARTY**

Join the BGC staff virtually for a movie each Wednesday that is hand selected by Robert.

**SENIOR ADVISORY COMMITTEE**

Are you aware that there is a Gaithersburg Senior Advisory Committee? This group of volunteers, appointed by the Mayor, provides input and guidance on senior matters to the Mayor and City Council.

As part of its mission, the SAC advocates for and supports programs, services, activities, and legislation important to Gaithersburg residents 55 and older. It has long been advocating for a new free standing Senior Center.

The Senior Advisory Committee, which meets monthly, currently consists of: Chair Carolyn Bass, Vice-Chair Marlene Shemelynec, Jean Dinwiddie, Mary Hoferek, Evangeline Kirigua, and Yvette Monroe.

If you are interested in attending a meeting or serving on this important committee, please contact Tim “Smitty” Smith.



**MONDAY - FRIDAY, FEB 1 – FEB 26 (NO CLASS FEB 15)**

**VIRTUAL EXERCISE CLASSES**

Take one class or take them all!

Register online and you will receive a Zoom link that lets you participate in a month’s worth of classes for one price, plus you can make reservations for Water Walking at the Gaithersburg Aquatic Center.

**Members { \$25 } Non-members { \$35 }**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 a.m.			ZOOMba Dance		ZOOMba Dance
10 a.m.	Fit 4 All	Stretch & Strengthen	Fit 4 All	Stretch & Strengthen	Fit 4 All
11 a.m.	Exercise with April	Weight Training		Power Stretch	Weight Training

Make sure to check [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov) often to stay up to date on the latest offerings. If you have not been receiving the weekly Benjamin Gaither Center e-mails, sign up under E-Newsletters on the website.

If you need any help signing up for programs, as always reach out to us at the BGC – 301.258.6380 or [BenjaminGaitherCenter@gaithersburgmd.gov](mailto:BenjaminGaitherCenter@gaithersburgmd.gov)

We check messages and e-mails daily.

